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Ways to stretch sugar rations in
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Ways to Stretch Sugar Rations in Jellies, Jams, Preserves

Homemakers who decide to use wartime sugar rations to make jellies, jams, or preserves will find it possible to stretch the sugar used, to some extent, but should not expect or try to cut down sugar in these products as much as in home-canned fruit.

The sugar in jellies, jams, and preserves is not only for sweetening, it also helps to preserve the fruit and to give each product its own proper consistency.

Here are two ways of reducing the sugar somewhat in the recipes for jellies, jams, and preserves given in Farmers' Bulletin 1800:

1. Use the smallest amount of sugar suggested.—You will notice that for jelly most of these recipes call for $\frac{3}{4}$ to 1 part of sugar for every part by measure of fruit juice. In each case use $\frac{3}{4}$ part of sugar to one part of the juice.

For jams and preserves most recipes call for equal parts by weight of sugar and fruit. Three-fourths as much sugar can be used and a very satisfactory preserve obtained.

2. Replace part of the sugar with honey or corn sirup.—If you use honey, the product will be equally as sweet as one made using all sugar. Jams, jellies, and preserves made with corn sirup as part of the sweetening will be slightly less sweet than those using all sugar.

Apply these two rules to jellies and preserves as follows:

Jellies

With less sugar.—Use $\frac{3}{4}$ cup sugar to each cup fruit juice.

Especially useful in the height of the canning season is the method of canning fruit juice without sugar, to be made into jelly later when there are fewer demands all at once on the family sugar rations (see p. 7).

With part honey.—Replace up to $\frac{1}{2}$ the sugar called for with an equal measure of honey.

With part corn sirup.—Replace up to $\frac{1}{4}$ the sugar called for with an equal measure of corn sirup.

If you use either part honey or part corn sirup, cook the mixture slightly beyond the jelly stage (see p. 6).

Preserves

With less sugar.—Cut down the sugar to $\frac{3}{4}$ pound of sugar for every pound of fruit. Notice that here the sugar is measured by weight rather than cupfuls. *One pound of refined white sugar is about 2 cups.* Fruits vary in weight, so it is difficult to transfer to measure, but in general a pound of freshly prepared fruit measures about 3 cups. Three-fourths of a pound of sugar is $1\frac{1}{2}$ cups. When sugar is short use no more than this. A satisfactory product can be obtained even with 1 cup sugar to 3 cups fruit. In this case there will be a good fruit flavor but the sirup will be somewhat thinner than in the usual preserve. The product should be tightly sealed.

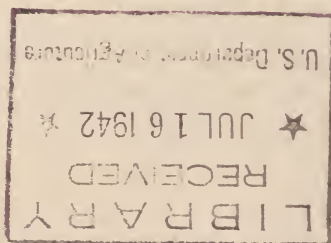
With corn sirup or honey.—Replace up to one-half the sugar called for in the recipe with either corn sirup or honey. Thus if 2 cups of sugar are called for, replace one of them with 1 cup of sirup or honey, as it takes only this much to equal a cup of sugar.

Example: For each 4 pounds of strawberries (12 cups), the recipe would call for 3 pounds of sugar (6 cups), but to make the sugar go farther you may use instead 3 cups of sugar and 3 cups of sirup or honey.

Jams

In jams, if a jellied juice is desired, never substitute corn sirup for more than $\frac{1}{4}$ of the sugar.

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